"The Lost Happiness" by Hamid Ali

About the Author

Hamid Ali (born in 2003) is a student of English Language and Literature at the International Islamic University Islamabad (IIUI) and an emerging writer interested in human behaviour, society, education, and the relationship between technology and modern life.

He has worked as an English language and science educator, engaging with international students from different countries. His writing explores the connection between human emotions, social change, and the challenges of the digital age.

Through essays and literary works, Hamid Ali aims to examine contemporary issues by combining personal observation, research, and reflection on human experiences.

Essay

The evolved world of the 21st century has left an eternal mark on our daily lives. The interviews and other recordings conducted in the 20th century and before show a very unique phenomenon. For example, I saw London of the 1950s, and the children I observed were so unique. They were extremely fast in their movements, and all the kids were busy doing some fun. It seemed as if they had never met a problem. With further analysis, I have concluded that they were pretty aware of the problems, and life was more difficult than it is with today's technology. Then why weren't they affected as the children of today's generation are in the 21st century?

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An interactionist theory in psycholinguistics has concluded that the body and brain are interdependent. It shows that suffering in the body concludes in mental stress, and mental stress brings irregularity in one's body, as the brain has to manage diverse functions inside the human body.

Experimentally investigating the joint effects of physical activity and sedentary (sitting most of the time) behavior on depression and anxiety, Blough and Loprinzi (2018) have concluded the destruction of humans due to a lack of activeness in one's physical behavior. Similarly, when a person fails to release enough serotonin, dopamine, and endorphins, it results in an uncontrolled lack of happiness.

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Forensic studies have concluded the increase of crime with the increase of psychological stress. According to Agnew (1992), general strain theory proposes that stress and negative life experiences (such as financial problems, failure, or loss) can create anger and frustration, which may increase the likelihood of criminal behavior when individuals lack positive coping mechanisms.

In addition, the toxification produced through this process leads to an increase in anger in the general public. It is where the political game of toxification starts. The general public and political agitators in such situations are more likely to cause troubles for peaceful citizens. Lack of proper measurements can increase it to the state level and later to an international level. Hamas's attack was based on the same pattern. The United Nations Office for the Coordination of Humanitarian Affairs has explicitly mentioned, "Israel has imposed restrictions on the movement of goods and people into and out of Gaza since Hamas took control of the territory in 2007. These restrictions have affected imports, exports, fuel, and other supplies."

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In order to stop locals from participating in life-threatening activities, sports have been used as a tool since centuries. For example, football has been introduced in Gaza for local women and children to promote happiness and decrease their participation in war-related activities.

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Decrease in physical activities has to be addressed by the government around the world in order to increase the general happiness of the public, which, once combined with advanced technology, can make a single and peaceful community. With extreme advancement, it has become possible to unify the world, but hostility is the major issue for obtaining this sacred mission for better cooperation. However, increasing the physical health of youth for a better and well-equipped generation is important for kids to remain happy and active, like they were once in the 1950s and before.

Work hard and no war

Brings the happiness of far